

the water-glass treatment, but do not know if it was tried. I give you a clipping from Farm and Fireside, written by one of its editors. Perhaps it is what you want:

"We are now using eggs preserved in water-glass right along. In one of the jars the solution had coagulated as described by our Wyoming friend. Occasionally we found an egg the yolk of which seemed to be cooked fast to the white on one side, and some of the white watery. Yet the eggs could all be used, and for culinary purposes were apparently just as good as fresh ones. They beat up to a froth just as nicely and quickly.

"I had two preserved eggs soft boiled for breakfast this morning. This is perhaps the most critical test of the goodness of an egg, fresh or preserved. We had them where we could not detect the slightest difference in flavor. But when we know that the eggs came from the jar and not freshly from the henhouse, we would probably prefer the fresh ones, for in some cases there is a difference.

"It is probably true that we will have some things to learn yet about this method of keeping eggs. I would not yet assert that it would pay big profits to resort to the water-glass method for commercial purposes, on a large scale. But for home use, especially for preserving eggs to be used in cooking, this method seems to me the most valuable of any yet discovered.—T. Greiner."

**The Baby's Comfort**

The right care of a baby calls for much self-sacrifice, not only on the part of the mother, but often on that of every member of the family. The mother must take care of herself, and it is not always easy to strictly ob-

**OVER SEA HABIT**

**Difference on This Side the Water**  
The persistent effect upon the heart of caffeine in coffee can not but result in the gravest conditions, in time.

Each attack of the drug (and that means each cup of coffee) weakens the organ a little more, and the end is almost a matter of mathematical demonstration. A lady writes from a Western state:

"I am of German descent and it was natural that I should learn at a very early age to drink coffee. Until I was 23 years old I drank scarcely anything else at my meals.

"A few years ago I began to be affected by a steadily increasing nervousness, which eventually developed into a distressing heart trouble that made me very weak and miserable. Then, some three years ago, was added asthma in its worst form. My sufferings from these things can be better imagined than described.

"During all this time my husband realized more fully than I did that coffee was injurious to me, and made every effort to make me stop.

"Finally it was decided a few months ago, to quit the use of coffee absolutely, and to adopt Postum Food Coffee as our hot table drink. I had but little idea that it would help me, but consented to try it to please my husband. I prepared it very carefully, exactly according to directions, and was delighted with its delicious flavor and refreshing qualities.

"Just as soon as the poison from the coffee had time to get out of my system the nutritive properties of the Postum began to build me up, and I am now fully recovered from all my nervousness, heart trouble and asthma. I gladly acknowledge that now, for the first time in years, I enjoy perfect health, and that I owe it all to Postum." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville" in pkgs. Postum Food Coffee contains no drugs of any description whatsoever.

serve the laws of health in one's own case, but so much depends on the health of the mother that this care well repays. In order to care for her own health that she may be able to give the care and thought necessary to the baby, she must learn to leave much undone, and the family, though its only other member be the husband and father, must learn to take care of the mother, and take from her hands many, many burdens. It is true that some mothers most flagrantly abuse the laws of health, and, to the superficial observer, apparently lose nothing; but few mothers can do this with impunity. Neglect, or carelessness on the mother's part because of some slight indisposition she suffers, may not always result in the death of the little one, yet the resistance to disease of the delicate system of the babe is often weakened, and it either suffers a spell of sickness or contracts some complaint which may cause much anxiety and sleepless nights to all the family, because of inattention to its needs.

Anything that will cause an objectionable odor should be immediately removed from the room in which the baby is kept. Wet or soiled napkins should not be left about to taint the air. The little wet napkin should not be used again without washing; if, to be dried, it should be hung outside to dry in the sunshine. Yet it is not infrequently hung by the nursery fire, or beside the fire in some other room, and its unpleasant, ammoniacal odor renders its presence extremely objectionable to all the family, and hurtful to the baby's delicate lungs. It is not generally known that a poisonous gas is thus formed, which is exceedingly injurious to the baby; besides, the stiffness and ugly brown color is bad for the cloth.

Don't let everybody who comes in trot and jolt, or even handle the baby; and, no matter how sweet it is, don't let everybody kiss it, or blow the breath in the little face. A baby, to be healthy, should spend the greater part of its life in rest and sleep, or getting used to itself.

**Query Box**

Ms.—For removing oil paint from silk, chloroform is recommended, as turpentine is apt to take the color out, besides ruining the fabric.

Annie M.—There is no known way, I believe, to take stains of perspiration out of colored silk, without changing the color. If it is a wash silk, washing the whole dress might answer.

Julia—To remove pecan meats without breaking, pour boiling water over the nuts, let stand until cold, then crack gently with the hammer, striking the small end of the nut. The kernel can then be removed whole.

Housewife—To remove old paint or varnish from furniture, take half a cupful of sal soda to a pint of boiling water; dissolve, and wet the article thoroughly with this solution; then go over it with a stiff scrubbing brush, scrubbing hard; then rinse the article with clear water and let it get practically dry before putting on the new paint. If one application does not remove it, give it another.

E. S. L.—The only reason for ironing clothes, so far as I know, is to make them more pleasing to the eye, make them less irritating to the skin and give them a smooth surface so they will keep clean longer. One can economize in strength by smoothing and folding neatly knit wear, stockings, common towels, sheets, and many such things, and putting them, folded, under a weight.

Pure Food Advocate—Aniline dyes are coal tar products prepared by treating aniline, a colorless, highly poisonous liquid, with various chemicals. Over three hundred colors, tints and shades are so produced. These dyes are not only used for coloring materials and fabrics, but for coloring eatables and beverages. Physicians state that coal tar products

so used have a decidedly weakening effect on the heart, and it is admitted that many cases of heart failure occurring today are due to the presence in our food and drinks of coal tar products.

J. D.—To cure the seven-year-itch, mix sulphur and lard into a paste; apply it with the hands to the whole body, but especially to the affected parts, rubbing it well in before a hot fire. In the morning, wash the person well with a good, hot soap suds, dry thoroughly and put on clean underwear. Repeat this for three or four nights, changing the underwear, then twice a week, then once a week, after which you should be free. Do not be afraid of using the ointment freely, but be careful not to get wet or take cold, as you would at any other time when using sulphur. This will cure the worst cases.

Beatrice—An eyecup is a little stemmed glass, quite thick, and the upper rim is fashioned to fit the eye closely when the glass is inverted over it. It is employed for the purpose of applying baths, medicated or plain, to the eye. A tonic used for tired eyes is made of one level teaspoonful of salt to one pint of blood-warm water. The little cup is filled with the solution and pressed against the outside of the eye-socket, the head turned back and the lids of the eye moved, open and shut. The solution is almost identical with the natural fluid of the eye, and there is no unpleasant feeling from contact of the eye with the solution. A teaspoonful of refined borax may be used instead of the salt. Plain water will cause the eye to smart. (2) I do not know.

**Requested Recipes**

**Corn Meal Muffins**—One pint each of corn meal and white flour; one tablespoonful of sugar; teaspoonful of salt; three teaspoonfuls of baking powder; tablespoonful of lard; two eggs; a little more than a pint of milk. Sift together cornmeal, flour, sugar, salt and baking powder; two siftings will be better than one; rub the lard in without warming; add the eggs beaten, and the milk, stirring into a batter of the consistency of cup-cake; have muffin rings carefully greased and hot, and fill two-thirds full, and bake in a hot oven fifteen minutes.

**Fried Corn Mush**—The mush must be made the day before, and well cooked. It must be made a little stiffer than for "hasty-pudding," and when done, should be poured into a shallow pan or dish—square in shape is best. For breakfast, slice in slices from one-half to three-fourths of an inch thick, dip the slices in beaten eggs, then in finely-rolled bread or cracker crumbs, and dropped into boiling hot lard. The slices are thus browned all over at once, and are much superior to the slices simply sauted (pronounced sautayed) with a little lard on the bottom of the skillet, to which the mush invariably "sticks," and is easily scorched before being cooked done.

**Southern Corn Bread**—Sift one quart of white corn meal with two teaspoonfuls of baking powder; add three tablespoonfuls of lard, slightly warmed, salt to taste, three beaten eggs and a pint of sweet milk (if sour milk is used, use a level teaspoonful of soda instead of baking powder,) or enough to make a thin batter. Beat all very hard for a minute or two, and pour in well greased, hot pans, and bake in a hot oven. Eat while warm.

**Chocolate, with Condensed Milk**—Make the same as for plain chocolate, using water instead of milk, then with the chocolate add three tablespoonfuls of unsweetened condensed cream. Stir constantly until the mixture is smooth and glossy.

**Some Things Worth Knowing**

For croup, or sore throat, or cough, one of the very best, handiest and

least expensive things to do is to fold a soft cloth to several thicknesses, wring out of cold water, apply to the throat and chest and cover completely with a soft warm flannel cloth. It may cause a gasp, at first, but will soon bring out the heat, necessitating another wringing out of cold water, applying and covering closely, repeating until the fever cools, after which it need not be disturbed so often, but changed whenever it gets warm. Physicians will tell you that one cannot take cold, even when ice is applied to a portion of the body hot with fever. In case of a cough, the cold compress with its flannel covering acts like magic.

Brooks—"My dear fellows, you needn't thank me so profusely for a mere box of Christmas cigars."

Rivers—"O, but you gave me a box of matches with them, you remember, and they were the best matches I ever used."—Exchange.

**Stay at Home**

We are trying to tell every boy and girl, every young man and woman, every over-ambitious or too-easily-discouraged man and woman: Stay at Home.

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